

Recreation and Healthy Living Resources

for families of children and youth with special needs and families facing barriers to participation



FINANCIAL ASSISTANCE (ask about eligibility criteria)

Boys & Girls Club of London	www.bgclondon.ca/home.html	519-434-9114
Canadian Tire - Jump Start	www.canadiantire.ca/jumpstart	1-877-616-6600
Childcare Subsidy Program	www.london.ca/Child_Care/childcare.htm	519-661-4834
City of London Recreation Programs	www.london.ca/spectrum	519-661-5575
Easter Seals Ontario	www.easterseals.org	1-800-668-6252 ext.383
Kidsport Canada	www.kidsportcanada.ca	1-866-641-7767
The War Amps – CHAMP Program for Child Amputees	www.waramps.ca/champ/home.html	1-800-267-4023
YMCA	www.ymcawo.ca	519-667-3300
Check with your local service clubs (i.e. Rotary, Optimists, Kiwanis...)		

SPECIFIC DISABILITY GROUPS

Autism Ontario (London)	www.autismontario.com/london	519-433-3390
Canadian Deaf Blind Association	www.cdbaontario.com	1-877-760-7439
CNIB	www.cnib.ca	519-685-8420
Community Living London	www.cll.on.ca	519-686-3000
Learning Disabilities Association – London Region	www.ldalondon.ca	519-438-6213
London Down Syndrome Association	www.ldsa.ca	519-672-2147
Thames Valley Children's Centre	www.tvcc.on.ca	519-685-8680

SPECIALIZED SPORT AND LEISURE OPPORTUNITIES (ask about eligibility criteria)

A League of Our Own (soccer)	www.kensalparksoccer.ca	519-681-4969
Accessible Sports Council London and Area	www.asclondon.ca	
Boys & Girls Club of London	www.bgclondon.ca/home.html	519-434-9114
Challenge Baseball	www.byronbaseball.ca	519-685-0820
City of London Recreation Programs	www.london.ca/spectrum	519-661-5575
Community Living London	www.cll.on.ca	519-686-3000
Easter Seals Ontario	www.easterseals.org	1-800-668-6252 ext.325
George Bray Sports Association	www.georgebraysports.ca	519-434-5284
Hutton House	www.huttonhouse.com	519-472-6381
Intro to ParaSwim	introtoparaswim@gmail.com	519-494-0628
London Blizzard Sledge Hockey	www.londonblizzard.com	519-660-1705
London Cannon Balls Boccia Club	www.londoncannonballs.ca	
London Wheelchair Basketball Association	www.lwba.ca	519-281-4337
Making Waves	www.makingwaveslondon.org	
N'Amerind Friendship Centre	www.namerind.on.ca	519-672-0131
SARI (horseback riding)	www.sari.ca	519-666-1123
Special Olympics	www.osolondon.com	519-455-3323
Thames Valley Children's Centre	www.tvcc.on.ca/recreation-and-leisure	519-685-8680
Track 3 Ski School	www.londontrack3.ca	519-657-2554

OTHER HEALTHY LIVING RESOURCES & PROGRAMS

Canada's Food Guide	www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php	1-866-225-0709
City of London Recreation Programs	www.london.ca/spectrum	519-661-5575
London-Middlesex <i>In Motion</i>	www.inmotion4life.ca	519-663-5317 ext.2220
London Public Library	www.londonpubliclibrary.ca	519-661-4600
Middlesex London Health Unit	www.healthunit.com	519-663-5317 ext.2220
Ontario Early Years Centre London West	www.ontarioearlyyears.ca	519-473-2825
Ontario Early Years Centre London North Centre	www.ontarioearlyyears.ca	519-434-3644
Ontario Early Years Centre London Fanshawe	www.ontarioearlyyears.ca	519-455-2791
Others – Check The Health Line	www.thehealthline.ca/listCategories.aspx?id=19	

RESPIRE & INCLUSION SUPPORTS (ask about eligibility criteria)

All Kids Belong	www.merrymount.on.ca	519-434-8247
Boys & Girls Club of London	www.bgclondon.ca/home.html	519-434-9114
Children's Mental Health Crisis and Intake Team		519-433-0334
City of London	www.london.ca/spectrum	519-661-5575
Community Living London	www.cll.on.ca	519-686-3000
Community Respite Partners	www.respiteservices.com	
Kids Country Club	www.ptdc.on.ca	519-473-1598
Merrymount Children's Centre	www.merrymount.on.ca	519-434-6848
Reach for the Rainbow	www.reachfortherainbow.ca	416-503-0088
Salvation Army London Village	srowland@on.aibn.com	519-455-4810
Thames Valley Children's Centre	www.tvcc.on.ca	519-685-8680
Vanier Children's Services	www.vanier.com	519-433-3101
VON Family Supports	www.vonmiddlesexelgin.com	519-657-4570
YMCA	www.ymcawo.ca/DAYCAMP/campinfo.html	519-913-0061

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Parents set the stage for the health and wellness of their children. Here are some important things that families should consider when choosing a new recreation and/or leisure program.



Take a moment to reflect about your **child**. Consider ...

- Activities your child enjoys, personal strengths, past experiences and new leisure opportunities like Brownies, libraries, church groups, parks, sports clubs etc.
- The importance of being in a program with a familiar person or friend.
- Your child's unique characteristics. What can be planned to ensure a positive experience?
- How you can help with suggestions, training, extra hands etc? You know your child best.



Take a moment to reflect about the **staffing**. Consider...

- The child/staff ratio, keeping in mind your child's needs and the type of setting. When does your child need extra support – during activities, transition time, washroom breaks, lunchtime etc? How will this support be provided – camp staff, support worker, family member or friend?
- The need for individualized staff training to understand your child's disability.
- The openness and willingness for ongoing communication. Are there opportunities for sharing between home and program?
- Who can help? Is there an Inclusion Coordinator or staff that you can contact?



Take a moment to reflect about the **program / activity**. Consider...

- The need for adaptation of activities and equipment (eg. floatation devices).
- The special events or trips that are planned. What mode of transportation is planned?
- What will be expected of your child in the program? Think about the goals of the program (participation, competitive, cooperative...).



Take a moment to reflect about the **facility**. Consider...

- Accessibility for transportation, washrooms, buildings and the program site, parking, change rooms, lifts etc.
- Open house opportunities. Bring your child with you and talk with other parents.
- Safety issues such as: How is medication stored? Is the area fenced? Close to a road? Indoors?



Check TWO weeks before the program starts as to whether the important details about your child's special needs are understood (ie. allergies, bathroom breaks, floatation device, behaviour issues). This way the community program is ready for your child and it will make for a fun first day!

London Child & Youth Network is providing this list to assist you in the beginnings of exploring recreation and healthy living for you and your family. This list in no way is meant to include every resource and opportunity that is available to you as each person's needs are unique. If you know of a resource that should be considered for this tool, please forward it on to cyn@london.ca. The best way to find the right program is to ask! Ask friends, neighbours, teachers, other parents at school, the library, the arena or the community centre.

